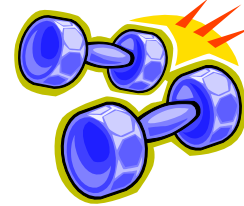
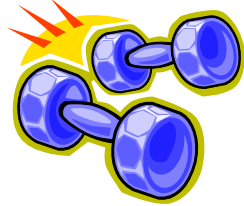




PARKS
RECREATION
ARTS
CULTURE

TRIM TIGHTEN AND TONE WORKOUT!



April 5 - May 13
At Brainerd Complex

PM Classes: 6:00pm (Mondays, Tuesdays, & Thursdays)

Cost: \$75 (3 days per week for six weeks)

\$50 (2 days per week for six weeks)

\$25 (1 day per week for six weeks)

“Abs & Glutes” on Mondays

AM Classes: 10:00am (Mondays & Wednesdays)

Cost: \$50 (for six weeks)

6-week program designed to tone your **thighs,**

buttocks, arms, abs and have fun!!!

Program includes: body fat testing, toning,

cardiovascular and different activities to

challenge yourself! Examples: step,

walking/running, lunges, weights and more.

Christine Post will teach this fitness program. She is certified through American Council on Exercise and through Aerobic and Fitness Association of America and is a Master Fitness by Phone Coach.

Call 698-2578 to reserve a spot!

